





















Self-Help for Sleep (Click the icons to link to resources)

		CBT-I Coach	Insomnia tracking and tools	Free
		Sleep Diary	Tracks sleep patterns	Free
		Checklist for better sleep		Free
		Sleep Machine	White and ambient noise	\$1.99
		Relax Melodies	Create a mix of calming sounds	Free
		Relax and Sleep	Create a mix of calming sounds	Free
		White Noise Lite	White noise	Free
		Lightning Bug	Ambient noises	Free
		Sleep Time Smart Alarm	Tracks sleep to optimize wakeups	Free
		Smart Alarm Clock	Tracks sleep to optimize wakeups	\$0 - \$2
		Sleep Cycle Alarm Clock	Tracks sleep to optimize wakeups	\$1 - \$2
		Sleep Pillow Lite	Relaxing noises	Free
		Why Do We Sleep?	By Russell Foster	Free
		Our Natural Sleep Cycle	By Jessa Gamble	Free

KEY



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YouTube video



Book



Ted Talk video



Website



MP3 file



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